



## Hearty Fall Soup

### **Ingredients:**

2 tbsp butter  
1 head broccoli, florets reserved  
1 onion, chopped  
3 ¼ cups vegetable or chicken stock  
2 celery stalks, chopped  
½ cup **Fieldstone Emmer**  
2 carrots, chopped  
½ cup 10% cream  
3 fresh sprigs tarragon  
Sea salt and freshly ground black pepper  
1 bay leaf  
4 oz grated aged cheddar, optional

### **Procedure:**

Simmer Emmer in 1 cup of boiling water for 30-40 minutes. In a separate pan, heat butter on medium and sauté onion, celery and carrots for 3-4 minutes. Add the tarragon, bay leaf, sliced broccoli stems and stock. Bring to a boil. Simmer for about 20 minutes. Remove lid and add broccoli florets, simmer uncovered for 2 minutes. Puree soup in a blender. Return to heat, add cooked and drained Emmer. Adjust seasoning and add a pinch of freshly grated nutmeg. Sprinkle with freshly grated aged cheddar. Makes 6 servings.

